

TITLE: Luffa saponins as health food additives
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SOURCE: Jpn. Kokai Tokkyo Koho, 4 pp.
CODEN: JKXXAF
DOCUMENT TYPE: Patent
LANGUAGE: Japanese
FAMILY ACC. NUM. COUNT: 1
PATENT INFORMATION:

PATENT NO.	KIND	DATE	APPLICATION NO.	DATE
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JP 59203451	A	19841117	JP 1983-77922	19830502

PRIORITY APPLN. INFO.: JP 1983-77922 19830502

AB Saponins I (R1 = O-glucose; R2 = O-glucose or O-glucose-rhamnose) isolated from aerial parts of Luffa cylindrica are health food additives that are effective in controlling obesity and the side effects of steroid drugs.